

Healthy Relationships and Sexuality

A Curriculum for Adults with Intellectual & Developmental Disabilities

Developed from the Planned Parenthood of New England & the Pennsylvania Transitions Curriculums

TOPICS

- Decision-Making Skills
- Healthy Expression of Sexuality
- Forming and Maintaining Relationships
- Navigating Relationship Conflict
- Communication Skills
- Anatomy and Physiology
- Internet Safety and Cyberstalking
- Boundaries
- Assertiveness
- Avoiding Victimization



COURSE INFORMATION

- Eligible to adults with intellectual and developmental disabilities
- Vended by RCEB or Private Pay Accepted
- All participants must commit to the full session, which includes 20 weekly classes, 1.5 hours in duration
- Groups limited to 10-12 participants
- Free initial assessment provided

FACILITATED BY:

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Supervised by Karen Toto, LMFT

**Conveniently
located near BART!**

Please contact us at **(510) 287-8486** for more information.
We accept referrals on an ongoing basis for our upcoming classes.